

## **Fastkins 531RPTTTlol Principles**

*Because everything works in principle.*

**DON'T LIE TO YOURSELF.** If you're going to track the numbers, be honest about it. Don't call 8 ounces of steak 6 ounces. Log the four Wheat Thins. Don't say you're doing this if you don't make an entire day of fasting twice per week part of the plan.

**KNOW THYSELF AND THY ACTIONS.** Weigh your food. Know how far/fast you walked/ran. Count the number of Wheat Thins. God I love Wheat Thins. Or, acknowledge (like my cousin) that you just want to be satisfied with your appearance by the pool, and don't do any of that.

**HAVE A PLAN EVERY DAY.** Look at what will happen in your life ahead of time, if you can. When my faculty had "Appreciation Week", I knew I was gonna get shit for not eating the chocolate brownie sundae with everyone for lunch. If we're celebrating \_\_\_\_ Day with a lunch, I'm going to throw in an extra fast day on Saturday OR keep calories low on Friday/Saturday. When I won the Turbulence Training Contest, I did it through the Super Bowl, two birthdays and while in two weddings with ridiculous receptions.

**NO EXCUSES.** If you didn't lose weight or inches or body fat, the problem is probably you. It could be hormones, but if you're consistently not losing weight, you're messing up somewhere. Analyze and try again.

**BE COMMITTED.** Weigh your food. Use a tracker to track walking. If this sounds like too much, then you don't want to lose weight... you're just hoping for a magic pill from Santa Claus.